Nature is Calling – Overcoming Barriers to Getting Outdoors Resource Pack

dementiaadventure.org
WALKING GROUPS –

• **The Ramblers:**
  [https://www.ramblers.org.uk/go-walking/group-finder.aspx](https://www.ramblers.org.uk/go-walking/group-finder.aspx) Find local groups to walk with.

• **Walking for Health:**
  [https://www.walkingforhealth.org.uk/walkfinder](https://www.walkingforhealth.org.uk/walkfinder) - Find local group walks, often short walks, each walk has a walk leader. Builds a social support network.

Finding Local Support:

• **Alzheimer’s Society**
  [www.alzheimers.org.uk](https://www.alzheimers.org.uk) Tel: Dementia Support: 0333 150 3456 / Customer Care: 0330 33 0804

• **Admiral Nurses from Dementia UK:**
  [www.dementiauk.org/get-support/admiral-nursing/](https://www.dementiauk.org/get-support/admiral-nursing/) Tel: 0800 888 6678 Mon.-Fri.: 9am to 9pm / Saturday & Sunday: 9am to 5pm

• **Dementia UK** – [www.dementiauk.org](https://www.dementiauk.org)

• **Age UK** [www.ageuk.org.uk](https://www.ageuk.org.uk)

• **Carers UK** - [https://www.carersuk.org/](https://www.carersuk.org/) Tel: 0808 808 7777 Mon - Fri, 9am – 6pm

• **Carers Trust** - [https://carers.org/](https://carers.org/)
Tools to support independence:

- **The Herbert Protocol** - [https://www.norfolksafeguardingadultsboard.info/publications-info-resources/resources/herbert-protocol/](https://www.norfolksafeguardingadultsboard.info/publications-info-resources/resources/herbert-protocol/) - The form and information about it is all available on the link (or you can google ‘The Herbert protocol Norfolk’)

- **Radar Keys** [https://www.incontinencechoice.co.uk/catalogsearch/result/?q=radar%20key%20pack](https://www.incontinencechoice.co.uk/catalogsearch/result/?q=radar%20key%20pack) - Can be purchased at the attached link.

- **GPS trackers** – There are many available on the market. Alzheimer’s Society website is a good place to look into this.

- **Lanyards / Badges** - [https://www.alzheimers.org.uk/blog/hidden-disabilities-dementia-sunflower-lanyard](https://www.alzheimers.org.uk/blog/hidden-disabilities-dementia-sunflower-lanyard) for further information and advice.
Applications for mobiles to support planning future outings:

- **Parkopedia**: Gives information about local places to park / fees / spaces etc.

- **Accessible**: Provides information about accessibility for venues. A nationwide site – but lots of information for Essex venues on here.

- **Where is toilet?**: This gives information about all public toilets in your area. There is also [www.toiletmap.org.uk](http://www.toiletmap.org.uk)
Our Other Nature is Calling Sessions after Overcoming Barriers to Getting Outdoors

The Wellbeing Benefits of Nature:
• Research and evidence on the health benefits of connecting to nature and the outdoors.
• Hearing real-life stories from people living with dementia on how nature has a positive impact on them.
• Exploring ‘first steps’.
• Resources to encourage engagement with nature.

Misconceptions and Managing Mental Health:
• Challenging the common misconceptions about dementia and getting outdoors.
• Exploring the impact of Covid-19 on the mental health of people living with dementia.
• Steps to overcome challenges.
• Resources to support and encourage understanding.
Online Dementia Skills Sessions
dementiaadventure.org

THINKING DIFFERENTLY ABOUT DEMENTIA (FREE)
For family, friends, volunteers and professionals

FREE
Mood & Motivation
For friends & family.

FREE
Nature is Calling
For friends & family & people living with dementia.

FREE
Time in Nature
For volunteers & professionals.

PAID
Managing Risk
For volunteers & professionals.

PAID
Sensory Walks & Outdoor Experiences
For volunteers & professionals.
How can we help you?
- Dementia Skills Sessions
- Have a supported holiday
- Sign up to our newsletter

How can you help us?
- Spread the word
- Fundraise or donate
- Volunteer

dementiaadventure.org
THANK YOU FOR JOINING US!

For further information about Dementia Adventure:

Website: [www.dementiaadventure.co.uk](http://www.dementiaadventure.co.uk)
Email: [ruth@dementiaadventure.co.uk](mailto:ruth@dementiaadventure.co.uk)
Phone: 01245 237548